



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 43544, Babyfood, cereal, rice with pears and apple, dry, instant fortified**

**Report Date: June 24, 2017 23:45 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g
<b>Proximates</b>					
Water	g	2.00	--	--	0.30
Energy	kcal	389	--	--	58
Energy	kJ	1627	--	--	244
Protein	g	6.60	--	--	0.99
Total lipid (fat)	g	0.90	--	--	0.14
Ash	g	2.00	--	--	0.30
Carbohydrate, by difference	g	88.50	--	--	13.28
Fiber, total dietary	g	2.6	--	--	0.4
Sugars, total	g	1.35	--	--	0.20
<b>Minerals</b>					
Calcium, Ca	mg	38	--	--	6
Iron, Fe	mg	9.00	--	--	1.35
Magnesium, Mg	mg	37	--	--	6
Phosphorus, P	mg	253	--	--	38
Potassium, K	mg	414	--	--	62
Sodium, Na	mg	2	--	--	0
Zinc, Zn	mg	3.30	--	--	0.49
Copper, Cu	mg	0.377	--	--	0.057
Manganese, Mn	mg	1.298	--	--	0.195
Selenium, Se	µg	16.3	--	--	2.4
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	250.0	--	--	37.5
Thiamin	mg	1.600	--	--	0.240

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g
Riboflavin	mg	1.880	--	--	0.282
Niacin	mg	25.240	--	--	3.786
Vitamin B-6	mg	0.090	--	--	0.013
Folate, total	µg	5	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	5	--	--	1
Folate, DFE	µg	5	--	--	1
Choline, total	mg	6.6	--	--	1.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.185	--	--	0.028
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.004	--	--	0.001
16:0	g	0.163	--	--	0.024
18:0	g	0.013	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 15g
Fatty acids, total monounsaturated	g	0.252	--	--	0.038
16:1 undifferentiated	g	0.004	--	--	0.001
18:1 undifferentiated	g	0.248	--	--	0.037
20:1	g	0.001	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.231	--	--	0.035
18:2 undifferentiated	g	0.202	--	--	0.030
18:3 undifferentiated	g	0.030	--	--	0.004
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0